



## Burkhardt • Pecora orthodontics

### FACIAL MASK

Your child has been given an orthopedic facial mask. As discussed at the time of the initial examination, your child has a malocclusion that is characterized by a tendency toward an “under bite,” in that the lower teeth tend to be forward of their normal position relative to the upper teeth.

At a previous appointment, a rapid maxillary expander was delivered. Usually the facial mask is started during one of the next two appointments following expander delivery, although the delivery of the facial mask may be delayed in some instances to evaluate the patient’s skeletal response to the expander.

We will give your child three different types of elastics (rubber bands) to wear with the facial mask. The elastics extend from the hooks on the expander to the crossbar on the facial mask. The elastics create the force that will tend to move the upper jaw forward and the lower jaw downward and backward.

Elastic Sequence:

1. Ocelot (1/2” 8 oz.) Worn during the first few weeks, the initial break in period.
2. Clouded Leopard (5 1/16” 8 oz.) Increases the force of the appliance on the dental arches. Usually worn for one or two weeks following the tiger elastic wear.
3. Blue Whale (5 1/16” 14 oz.) Generates the appropriate amount of force of the appliance on the dental arches and will continue to be used until treatment with the facial mask is complete.

In a patient who wears the appliance as instructed, some chin irritation may develop, particularly in the winter months. The force of the elastics can be reduced or the facial mask can be discontinued for one-to-two days to allow for healing. Cream or a non-prescription cortisone product (e.g. Cortaid) can be used to treat the irritation for a few days. Powder, moleskin (available in the foot care aisle) or a piece of soft fabric in the chin pad may also help with the irritation.

If your child complains of any discomfort in the jaw joint (temporomandibular joint) region, the facial mask should be discontinued immediately and our office contacted. Occurrence of problems in this area are extremely rare, especially in young patients.

As was stressed at the initial consultation, the treatment of patients who have a tendency toward a Class III malocclusion (underbite) is one of the most complex and unpredictable types of treatment in orthodontics. *Even following facial mask therapy, there may be the need for either further expansion and/or further facial mask wear during the growing years.*

It is recommended that the facial mask be worn a minimum of 12-14 hours per day. The more the facial mask is worn each day, the faster the treatment result is achieved.

**Please bring the facial mask with you to all appointments. There is a replacement charge for all lost appliances.**

If you have any questions about the wear of the appliance, please do not hesitate to discuss this matter with us.